NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons🌙." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌕 = a beginning of a new month)

THOUGHT OF THE MONTH

A NOTE TO OUR READERS

This edition reaches you a few days later than usual.

Recent events brought an unexpected season of loss and bereavement within our wider community, and some of our normal publishing rhythms were temporarily interrupted.

We would like to extend our sincere gratitude to everyone who has shown kindness, support, encouragement, prayers, and understanding during this time.

Your compassion reminds us that even in seasons of grief, community remains one of the Heavenly Father's greatest gifts.

Thank you for your patience with this delayed edition and for continuing to journey alongside us.

With gratitude,
The Editorial Team

DEAR BELIEVERS,

As many reflect on recent floods, storms, earth tremors, and the increasing unrest within creation itself, one cannot help but pause. Creation speaks. Water is one of Heaven's most powerful pictures. It brings life. It nourishes the land. It restores what is dry. It cleanses what has accumulated. It carries away what no longer belongs.

Yet when boundaries break, water can also overwhelm — exposing how fragile our structures can be and reminding us how little control we truly have. But perhaps there is a deeper reflection here. Floodwaters do not only overwhelm. They expose. And once the waters recede, the question remains:

Do we simply clear the debris and rebuild as before... or do we allow true restoration to begin at the foundations? Even the human body understands this language. Tears wash grief. Water cleanses the body. Flow restores health. Stagnation brings burden. Scripture points us beyond natural waters to something even deeper: Living Waters.

As we mark Ascension Day, this feels especially meaningful. Yeshua had completed His earthly assignment. The crucifixion was behind them. The tomb was empty. Yet their assignment was only beginning. His witnesses were not immediately sent into action. They were told to wait. A sacred ten-day pause between Ascension and Pentecost. Not inactivity. Preparation.

- **Ten days where hearts were being washed.**
- **Ten days to reflect on all they had witnessed. Ten days for fear to become faith.**
- **Ten days for confusion to become clarity.**
- **Ten days for grief to make way for renewed purpose.**
- **Ten days for wounded relationships to heal.**
- **Ten days to gather, pray, realign, and prepare for what Heaven was about to pour out.**

Peter had denied. Thomas had doubted. Others had fled. Yet Heaven did not discard them.

Heaven prepared them. Because even vessels must be cleansed before they can carry an outpouring. And they were never meant to rebuild in their own strength. The Father's Spirit would be given to bring insight, direct communication, courage, and clarity for the restoration work ahead. Not unlike a modern soldier receiving live instruction through an earpiece in unfamiliar terrain. The witnesses were not meant to be rudderless.

Nor are we. We were never meant to navigate restoration alone. Before Pentecost came, there was waiting. Before the outpouring came, there was preparation. Before Living Waters flowed outward, there was inner restoration. And perhaps that is the invitation for us too. Not merely to react to the storms around us. Not simply to clear visible debris and rebuild too quickly. But to ask:

- **What has been exposed?**
- **What needs cleansing?**
- **What stagnant places must begin to flow again?**
- **What foundations require restoration?**

And sometimes the holiest response is not striving—but simply to be still in Him. As we move toward Pentecost and the Full Moon's reminder of fullness,

rhythm, and appointed time, perhaps the question is this: Are we preparing to carry Living Waters... or simply rebuilding too quickly on what should first be restored?

BE STILL. BE WASHED. BE PREPARED.
PREPARATION IS ALSO OBEDIENCE.

With love,

THE INDUSTRIAL REVOLUTION MOST PEOPLE WILL NEVER SEE

Every generation has its defining infrastructure. For our grandparents, it was railways, highways, dams, power stations, and factories. These massive projects powered the Industrial Age and transformed how people lived, worked, travelled, and communicated.

Today, a new form of infrastructure is quietly reshaping the world. Most people use it every day, yet few ever see it. It is called the data centre. Every photograph uploaded to the cloud, every online banking transaction, every social media post, every streamed movie, every internet search, every video call, and every interaction with artificial intelligence ultimately passes through one of these enormous facilities. They are, in many ways, the factories of the digital age.

WHAT IS A DATA CENTRE?

A data centre is a highly specialised facility filled with powerful computers, networking equipment, storage systems, and communication infrastructure. Unlike traditional factories that produce physical goods, data centres process, store, and distribute information.

The reality is that the "cloud" is not floating somewhere above us. It lives inside buildings. Vast buildings filled with servers operating twenty-four hours a day, seven days a week.

THE AI BOOM

The rapid rise of artificial intelligence has dramatically increased demand for data centres. Every AI search, image generation, recommendation engine, translation tool, and automated system relies on enormous computing power operating behind the scenes. As AI becomes integrated into business, healthcare, education, finance, agriculture, and government services, demand for these facilities continues to grow. Many analysts compare this moment to the arrival of electricity or the birth of the internet itself. A major technological shift is underway.

THE POWER QUESTION

These facilities require enormous amounts of electricity. Thousands of computers operate continuously, generating both data and heat. In some parts of the world, large data centres consume as much electricity as small towns. This naturally raises important questions.

- **Where will the power come from?**
- **Can energy infrastructure keep pace with demand?**
- **How should societies balance technological advancement with responsible stewardship of resources?**

These are not arguments against technology. They are practical questions worthy of thoughtful discussion.

THE NEXT FRONTIER: REMOTE AND UNDERGROUND INFRASTRUCTURE

As data centres become larger, operators face growing challenges involving land availability, security, cooling requirements, and energy demand. One response already being explored is underground infrastructure. Stable underground temperatures can reduce cooling costs, while natural geological formations may provide protection from extreme weather and other external risks. At the same time, planners increasingly examine remote regions, former industrial areas, and sparsely populated landscapes when considering future digital infrastructure.

WHY REMOTE LAND IS ATTRACTIVE

From a planning perspective, remote land often offers several advantages. Large uninterrupted properties, especially Nature Reserves, are becoming increasingly valuable as facilities expand in size. Many rural areas provide opportunities for dedicated energy generation through solar, wind, hydroelectric, or future energy projects. Remote locations may also simplify security management and provide access to existing power, transport, water, or fibre-optic infrastructure.

None of this means that conservation areas should be developed. Rather, it helps explain why governments, technology companies, and infrastructure investors may increasingly evaluate remote landscapes when planning the physical foundations of the digital economy.

THE LARGER QUESTION

Perhaps the most interesting question extends beyond data centres themselves. Communication, banking, commerce, healthcare, government records, cloud computing, and artificial intelligence increasingly rely upon large interconnected systems operating behind the scenes. **As these systems expand, societies must continually balance convenience, efficiency, resilience, privacy, accountability, and personal freedom.** Technology undoubtedly brings tremendous opportunities. Yet every major infrastructure system also requires transparency, oversight, and responsible stewardship.

The discussion may not stop with electricity, land use, and cooling requirements. Every industrial system leaves a footprint. Factories leave manufacturing footprints. Power stations leave energy footprints. Roads leave land-use footprints.

The digital age raises its own set of questions.

- **How much energy will future infrastructure require?**
- **How much water will be needed for cooling?**
- **What are the long-term impacts of concentrating vast amounts of computing power in a single location?**
- **What electromagnetic environments are created by increasingly dense networks of electrical equipment, power systems, and digital infrastructure?**
- **How should these impacts be measured, monitored, and understood?**

These are not necessarily arguments for or against technology. Rather, they are reminders that every major advancement carries both benefits and responsibilities. The digital world is not weightless. It simply hides its footprint better than previous industries.

IRON AND CLAY?

Some readers may find themselves reflecting on an ancient image recorded in the Book of Daniel. In the vision, the final kingdom is described as iron mixed with clay — powerful, yet divided. Strong, yet containing elements that do not naturally adhere together. Regardless of one's interpretation of the prophecy, the modern world presents an interesting picture.

The digital age increasingly blends two very different realms. Technology and creation. Silicon and soil. Metal and flesh. Electronics and biology.

- **The first stage was external infrastructure. Computers, networks, satellites, and data centres became woven into daily life.**
- **The next stage has been personal technology. Smartphones, smart watches, wearable devices, and digital identity systems now accompany people almost everywhere.**

Researchers are already exploring technologies that interact directly with the human body through implants, neural interfaces, prosthetics, biometric systems, and other forms of human-machine integration. These developments raise questions that previous generations rarely had to consider.

- **At what point does technology simply serve humanity?**
- **And at what point does it begin reshaping humanity itself?**

Perhaps these are not questions of fear, but of stewardship. As technological systems become increasingly integrated into both the natural world and human life, wisdom may require us to think carefully about where convenience ends and dependence begins. The challenge of our generation may not be learning how to build powerful technologies. It may be learning how to remain fully human while using them.

A LESSON FROM RHYTHM

Perhaps there is another lesson hidden within this discussion. Modern society increasingly depends upon systems that most people never see. Vast networks of computers process information, store records, and keep modern life functioning. The convenience is undeniable. Yet the more complex our systems become, the further removed many people become from understanding what governs them.

Month after month, the Full Moon appears exactly as appointed, reminding us that some of life's most important foundations remain simple, observable, and available to all.

The Creator's design often works differently. The sun marks the day. The moon marks the month. The seasons reveal their appointed times. These rhythms remain visible to everyone. No password is required. No subscription is needed. No institution controls access.

Month after month, the Full Moon appears exactly as appointed, reminding us that some of life's most important foundations remain simple, observable, and available to all. As the digital world grows increasingly complex, there may be wisdom in maintaining a connection to the rhythms that have guided humanity since the beginning.

Technology may shape our systems. But creation still teaches us how to find our bearings.

BAREFOOT: RETURNING TO NATURAL HEALING: PART 2

In Part 1, we explored how walking barefoot stimulates pressure points in the feet, supports circulation, and reconnects the body to the earth through grounding. But there is another aspect of barefoot living that is often overlooked: Balance, strength, and posture.

THE FOOT IS A MASTERPIECE OF DESIGN

Each foot contains 26 bones, 33 joints, and more than 100 muscles, tendons, and ligaments working together. They were designed not only to carry our weight but also to act as sensory instruments, constantly communicating with the brain about the surface beneath us.

When feet spend most of their time confined in shoes, many of these muscles become weaker through lack of use. Over time, this can contribute to poor balance, reduced stability, altered posture, and even discomfort in the knees, hips, and lower back.

WHEN WE WALK BAREFOOT ON NATURAL SURFACES, THE FEET ARE REQUIRED TO WORK AS THEY WERE DESIGNED TO

The small muscles of the feet engage. The ankles become more responsive. Balance improves. The body learns once again to move in harmony with the terrain rather than being isolated from it. Benefits often associated with regular barefoot walking include:

- **Stronger foot and ankle muscles**
- **Improved balance and coordination**
- **Better posture and body alignment**
- **Increased awareness of movement and surroundings**
- **Reduced stiffness in the feet and lower limbs**
- **Greater connection between the brain and body**

There is also something deeply restorative about slowing down enough to feel the ground beneath us. A child rarely needs to be taught this. Children naturally remove their shoes, run through grass, splash in puddles, and explore the world through direct contact. Perhaps instinctively, they recognise something we have forgotten.

This does not mean abandoning wisdom or safety. Sharp objects, extreme temperatures, and hazardous environments require caution. But where it is safe to do so, spending time barefoot on grass, soil, sand, or smooth stone can be a simple way to reconnect with the natural rhythms of creation.

A GENTLE RETURN...

Walk slowly across the lawn. Feel the texture of the earth beneath your feet. Notice the muscles that awaken. Notice the balance that returns. Notice the calm. Sometimes the body remembers what modern life has caused us to forget. And healing begins with something as simple as taking off our shoes.

DOING GOOD BY GIVING BACK

RETURNING THE GIFT: 5 WAYS TO LIVE OUT THE ASCENSION

The Ascension of Yeshua marks a profound transition. It is the moment where the physical walk on Earth ended and the active, living assignment was passed to humanity. Often, our focus stays entirely on what we have been given through His sacrifice. But if we look at the Ascension as a call to action, a vital question emerges:

How do we give back to Yeshua?

Because we cannot hand Him physical gifts, our return to Yeshua must be expressed through how we treat the Heavenly Father's creation and each other. Here are five practical ways humanity can live out a daily "thank you" for His sacrifice.

"If you really fulfil the royal law according to the Scripture, ***"You shall love your neighbour as yourself,"*** *you do well; but if you show partiality, you commit sin, and are convicted by the law as transgressors. For whoever shall keep the whole law, and yet stumble in one point, he is guilty of all. But someone will say, "You have faith, and I have works."* ***Show me your faith without your works, and I will show you my faith by my works.*** *You believe that there is one God. You do well. Even the demons believe—and tremble! But do you want to know, O foolish man, that faith without works is dead?"*

James 2:8-10, 18-20 NKJV

1. **Stewardship of the Living Earth**
   Caring for the earth is one of the highest forms of honouring the Heavenly Father's creation.
2. **Defending the Vulnerable**
   We give back by protecting, uplifting, and speaking for those who cannot speak for themselves.
3. **Preserving the Truth**
   Integrity is a gift to the world—truth must be protected even when it is costly.
4. **Cultivating Peace**
   Choosing reconciliation over conflict reflects the peace Yeshua calls us to carry.
5. **Quiet Service**
   The greatest acts of giving are often the unseen acts of love that strengthen communities.

CASTOR OIL - PRESERVING PERSPECTIVE

While castor oil is an exceptional natural moisturizer and a highly effective, chemically unique laxative, modern health trends often inflate its capabilities. Claims that it can dissolve deep tumours, cure complex internal diseases, reverse years of damage overnight, or produce dramatic transformations simply by rubbing it on the skin can create expectations that neither history nor science consistently supports.

YET CORRECTING EXAGGERATED CLAIMS SHOULD NOT CAUSE US TO DISMISS THE GENUINE VALUE OF THIS REMARKABLE OIL.

For thousands of years, castor oil has served humanity in practical and meaningful ways. It illuminated homes in the ancient world, lubricated machinery during the Industrial Age, supported skin health across cultures, and continues to hold a respected place in both traditional and modern therapeutic applications. Few natural substances can claim such a long and diverse record of usefulness.

Perhaps the larger lesson is not about castor oil alone. Nature often provides tools that work in partnership with the body rather than in opposition to it. Their value is frequently found not in dramatic promises, but **in consistent, reliable support of the body's own design** and restorative processes.

Understanding what a remedy can do is just as important as understanding what it cannot. Wisdom is found in neither blind scepticism

nor blind enthusiasm, but in careful observation, honest inquiry, and responsible stewardship.

When viewed through that lens, castor oil remains what it has always been: a unique and enduring gift from creation. Its reputation has survived the rise and fall of empires, the advance of industry, and the scrutiny of modern science–not because it does everything, but because it does certain things exceptionally well.

In a world increasingly drawn to extremes, perhaps that is enough. Sometimes the most valuable remedies are not the ones surrounded by the loudest claims, but the ones that quietly stand the test of time.

THE LONGEST NIGHT AND THE RETURN OF THE LIGHT

21–22 June 2026

As this newsletter reaches you, we find ourselves at one of the quiet turning points of the year.

On 21–22 June, the Southern Hemisphere experiences the Winter Solstice — the longest night and shortest day of the year. Darkness reaches its greatest extent, yet it is also the moment when the journey back toward the light begins.

The change is almost imperceptible at first. No dramatic sunrise. No sudden transformation. Just a gentle turning.

Creation reminds us that many of Heaven's greatest works happen in this way.

Seeds germinate unseen beneath the soil. Trees strengthen their roots long before new growth appears. Rivers reshape landscapes slowly and steadily over time.

Many are walking through seasons that feel like winter. Seasons of waiting, uncertainty, grief, rebuilding, or quiet preparation. Yet the longest night does not last forever. **Even when we cannot yet see it, the light has already begun its return.**

Sometimes the most important work happens before anything visible changes.

As we move through the heart of winter, may we remember that restoration often begins beneath the surface.

The turning point may already have come, even if the evidence is still unfolding.

The longest night is about to pass.

The light will return.

FINLAND'S RESTORED PLAYGROUNDS BOOST CHILDREN'S IMMUNE HEALTH

In Finland, 43 daycare centres replaced artificial playground surfaces such as rubber mats, gravel, and plastic with natural materials including soil, sand, moss, plants, and sections of forest floor. The aim was to reconnect children with nature and increase their exposure to beneficial environmental microbes.

Over a two-year study, researchers followed around 75 children and found that those playing in the biodiverse environments developed healthier skin and gut microbes, fewer disease-associated bacteria, and stronger immune responses. Remarkably, increases in important immune-regulating T cells were observed within just a few weeks.

The findings support growing evidence that regular contact with nature helps train and strengthen the immune system. Researchers believe that modern lifestyles, which often separate children from natural environments, may contribute to the rise of allergies and other immune-related conditions.

Finland's experiment offers a simple but powerful lesson: sometimes the best playground is not made of plastic and concrete, but of soil, plants, trees, and the living world that has surrounded humanity for generations.

Nature may be one of the greatest gifts we can give our children.

THE HEAVENLY FATHER'S PHARMACY

SEVEN BIBLICAL DRINKS AND REMEDIES THAT HAVE SERVED GENERATIONS

The
HEAVENLY FATHER'S
PHARMACY
Seven biblical drinks and remedies
for body, mind, and spirit
1. Frankincense Water
A fragrant gift of purification
Matthew 2:11
2. Ginger & Honey Brew
Comfort and strength for the body
Proverbs 16:24
3. Hyssop Tea
The herb of cleansing
Psalm 51:7
4. Olive Leaf Tea
Strength from the ancient olive tree
Psalm 52:8
5. Pomegranate Juice
The fruit of abundance
Deuteronomy 8:7-8
6. Fig Infusion
Nourishment from the fig tree
Micah 4:4
7. Honey Water
Simple nourishment from creation
Proverbs 24:13
"Bless the Lord, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases."
– PSALM 103:2-3 –

"He causes the grass to grow for the cattle, and herbs for the service of man..."
— Psalm 104:14

From the beginning, the Heavenly Father filled the earth with plants, trees, fruits, resins, and herbs designed to sustain and bless mankind.

Throughout Scripture, we find references to natural remedies used for healing, cleansing, nourishment, and restoration. For centuries, believers have turned to what many affectionately call the Heavenly Father's Pharmacy – simple gifts from nature that have been treasured across generations.

1. Frankincense Water
A Fragrant Gift of Purification

Frankincense is one of the most treasured substances mentioned in Scripture. It was brought as a gift to the young Messiah and was used in worship and sacred service.

"And when they had opened their treasures, they presented gifts to Him: gold, frankincense, and myrrh."
— Matthew 2:11

For thousands of years, people have steeped frankincense resin in water to create a fragrant drink. Traditionally, it has been valued for supporting general wellness, digestion, and the body's natural response to inflammation.

2. Ginger and Honey Brew
Comfort for the Body

Honey appears throughout Scripture as a symbol of blessing, abundance, and sweetness.

"Pleasant words are like a honeycomb, sweetness to the soul and health to the bones."
— Proverbs 16:24

Ginger has been used for centuries across Africa, Asia, and the Middle East to soothe digestion, warm the body, and support the immune system. Combined, ginger and honey create a comforting brew often used during cold weather and seasonal illnesses.

3. Hyssop Tea – The Herb of Cleansing

Hyssop carries a powerful symbolic meaning throughout Scripture.

"Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow."
— Psalm 51:7

Hyssop was associated with purification during Passover and various cleansing ceremonies. Traditional herbalists have long valued hyssop tea for respiratory support and overall wellness.

4. Olive Leaf Tea
Strength from the Ancient Olive Tree

The olive tree is one of the most significant plants in the Bible, symbolising peace, endurance, and blessing.

"I am like a green olive tree in the house of the Heavenly Father."
— Psalm 52:8

For centuries, olive leaves have been brewed into tea and used traditionally to support general health and wellbeing.

5. Pomegranate Juice
The Fruit of Abundance

The pomegranate was one of the fruits brought back from the Promised Land and became a symbol of fruitfulness and blessing.

"For the Heavenly Father is bringing you into a good land... a land of wheat and barley, of vines and fig trees and pomegranates."
— Deuteronomy 8:7–8

Treasured throughout history, pomegranate juice has long been enjoyed as a refreshing and nourishing drink.

6. Fig Infusion
Nourishment from the Fig Tree

The fig tree is one of the most significant fruit-bearing trees in Scripture, symbolising peace, provision, and fruitfulness.

"They shall sit every man under his vine and under his fig tree;
and none shall make them afraid."
— Micah 4:4

For centuries, dried figs have been soaked in water to create a naturally sweet infusion valued for nourishment and strength.

7. Honey Water
Simple Nourishment from Creation

Honey is one of the most celebrated foods in Scripture. The Promised Land itself was described as a land flowing with milk and honey.

"My son, eat honey because it is good, and the honeycomb which is sweet to your taste."
— Proverbs 24:13

Mixed with water, honey has been enjoyed for generations as a simple, refreshing drink that reminds us of the Father's provision through creation.

These seven biblical remedies remind us that the Heavenly Father filled the earth with provision for mankind. Yet Scripture teaches that our greatest need is not only physical healing, but restoration of the whole person.

"Bless the Heavenly Father, O my soul, and forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases."
— Psalm 103:2–3

WINTER WELLNESS: A NATURAL FLU BOMB

As winter settles across South Africa, many people begin preparing for the annual cold and flu season. Shorter days, colder temperatures, and spending more time indoors can create conditions where seasonal illnesses spread more easily.

For generations, families have turned to simple natural ingredients found in the kitchen and garden to support the body's immune system during the colder months. **Garlic, ginger, lemon, honey,** and **cayenne pepper** have all been valued traditionally for their warming, soothing, and immune-supporting properties.

FLU BOMB RECIPE

Ingredients

- 2–4 cloves fresh garlic, peeled
- 1 drop food-grade eucalyptus oil (optional)
- ½–1 teaspoon cayenne pepper
- 1 cm fresh ginger root (or ¼ teaspoon ginger powder)
- 1–2 whole lemons, washed and cut into chunks
- 1 tablespoon raw honey

Method

Place all ingredients into a blender.
Blend until a smooth mixture forms.
Pour into a clean glass jar or airtight container.
Store in the refrigerator.
Use within 1–2 days, then prepare a fresh batch.

This "Flu Bomb" recipe combines several of these ingredients into a concentrated mixture that can be added to hot water and enjoyed as a warming winter tonic.

How to Use

- Add 1–2 tablespoons of the mixture to a cup of hot (not boiling) water.
- Stir well and drink slowly.
- Use up to 3–4 times daily when needed.
- Drink lots of water and allow your body adequate rest and recovery.

**Take off your shoes.
Stand on the earth. Feel the grass between your toes...
and then breathe deeply.
Let your body remember.**

FULL MOON HEALTH

WINTER-PARASITE TEA RECIPE

with Cloves

A WARMING, DIGESTIVE HERBAL BLEND TO SUPPORT GUT BALANCE

Herbs can support gut balance, they are not a guaranteed cure for parasites on their own. Think of this tea as supportive, not standalone treatment.

INGREDIENTS (1–2 CUPS)

3–4 whole cloves
Traditionally used to target parasite eggs.

½ tsp ground cinnamon (or 1 small stick)
Warming and antimicrobial.

½ tsp grated fresh ginger
Stimulates digestion and supports circulation.

1 tsp dried peppermint
Soothes the digestive tract and relieves discomfort.

Juice of ½ lemon
Supports detox pathways and digestion.

1 tsp raw honey (add after brewing)
Soothes the throat and supports healing.

METHOD

1. Bring 1 cup of water to a gentle boil.
2. Add cloves, cinnamon and ginger.
3. Simmer for 10–12 minutes to extract the goodness.
4. Remove from heat, add peppermint and steep for another 5 minutes.
5. Strain the tea.
6. Add honey and lemon once slightly cooled.
7. Sip warm and enjoy!

WHY THESE INGREDIENTS?

- Cloves – targets parasite eggs
- Cinnamon – warming and antimicrobial
- Ginger – stimulates digestion and circulation
- Peppermint – soothes and calms the gut
- Lemon – supports detox pathways

HOW TO USE

Drink once daily for 7–10 days.

Best taken:

- Morning (empty stomach) OR
- Evening before bed.

IMPORTANT NOTES

- Avoid if pregnant or breastfeeding.
- Do not use if you have seizures or neurological conditions.
- Do not use continuously long-term. Use in cycles.
- If you suspect a real parasitic infection, medical diagnosis is important.

WINTER ADD-ON OPTION

For an extra warming boost, you may add:

A pinch of turmeric

A small piece of garlic (lightly crushed)

"For the life of the flesh is in the blood..." – Leviticus 17:11 NKJV

Support your body. Strengthen your foundations. Walk in alignment. Purification • Illumination • Glorification

POLICY & LEGAL DISCLAIMER

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All readers remain personally responsible for their own health decisions, treatment choices, and implementation of any information contained herein. Any use of protocols, recommendations, or suggestions is undertaken at the reader's own discretion and risk.

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This newsletter may discuss:

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- Addiction recovery theories
- Natural healing protocols
- Functional medicine approaches
- Root-cause perspectives
- These topics are provided for educational awareness, not for prescription or medical direction.
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